

## Prerequisites

- Confession
- Communion
- Prayers for the intention of the Holy Father

## Plenary Indulgences (a partial list of the 22 most likely, especially ones that apply to the choir)

- Visit with the blessed Sacrament for at least ½ hour.
- (applies to the Holy Souls) – Visit with prayers for the departed to a cemetery between November 1<sup>st</sup> and November 8<sup>th</sup>.
- Taking part in the Adoration of the Cross on Good Friday (i.e. kissing the cross)
- Pray this prayer after Communion before an image of Christ crucified on a Friday in Lent or Passiontide:
  - Look down upon me, good and gentle Jesus, while before your face I humbly kneel, and with burning soul pray and beseech you to fix deep in my heart lively sentiments of faith, hope and charity, true contrition for my sins, and a firm purpose of amendment, while I contemplate with great love and tender pity your five wounds, pondering over them within me, calling to mind the words which David, your prophet, said of you, my good Jesus: "They have pierced my hands and my feet; they have numbered all my bones.
- Granted those that take part for at least 3 days in the spiritual exercises of a retreat.
- Public recitation of the Act of Reparation on the feast of the most Sacred Heart of Jesus.
- Public recitation of the Act of Dedication of the Human Race to Jesus Christ, King on the feast of Christ the King.
- Devout use of an article of devotion (crucifix or cross, rosary, scapular or medal) blessed by a bishop on the feast of Ss. Peter and Paul.
- Reception of, or assistance at the ceremonies of First Holy Communion.
- Devout assistance at the "First" Mass of a newly ordained priest.
- The recitation of the rosary in a church or public oratory; in a family group; in a religious community; or in a pious association subject to these specifications:
  - The recitation of a third part only of the Rosary suffices; but the five decades must be recited continuously.
  - The vocal recitation must be accompanied by pious meditation on the mysteries.
  - In public recitation the mysteries must be announced in the manner customary in the place; for private recitation, however, it suffices if the vocal recitation is accompanied by meditation on the mysteries.
- Devout assistance at a Jubilee Mass celebrated by a priest on the 25<sup>th</sup>, 50<sup>th</sup>, or 60<sup>th</sup> anniversary of his ordination.
- Reading Sacred Scripture for at least ½ hour with the veneration due the Word of God.
- Recitation of the Tantum Ergo on the feasts of Holy Thursday and Corpus Christi.
- Public recitation of the Te Deum on the last day of the calendar year.
- Public recitation of the Veni Creator on January 1<sup>st</sup> or on Pentecost Sunday.
- Piously making the Stations of the Cross governed by the following:
  - Must be done before stations of the cross legitimately erected.
  - All 14 stations are required. Although it is customary for the icons to represent pictures or images, 14 simple crosses will suffice.
  - The common practice consists of fourteen pious readings to which some vocal prayers are added. However, nothing more is required than a pious meditation on the Passion and Death of the Lord, which need not be a particular consideration of the individual mysteries of the stations.
  - A movement from one station to the next is required. But if the stations are made publicly and it is not possible for everyone taking part to go from station to station, it suffices if at least the one conducting the exercise goes from station to station, the others remaining in their places.
  - Those who are "impeded" can gain the same indulgence if they spend at least ½ hour in pious reading and meditation on the Passion and Death of our Lord Jesus Christ.

- Devout visitation of a parochial church either on its titular feast or on the 2nd of August when the indulgence of the “Portiuncula” occurs. Visiting the church also requires that one Our Father and the Creed be recited. Both indulgences can be acquired either on the day designated above or on some other day designated by the Ordinary (bishop) for the benefit of the faithful. The same indulgences apply to the Cathedral church and, where there is one, to a Co-Cathedral church, even if they are not parochial churches; they apply to quasi-parochial churches also.
- Granted to those who visit a church or an altar on the day itself of its consecration, and there recite one Our Father and the Creed.
- (applies to the Holy Souls) – Visit to a church on All Souls Day with recitation of one Our Father and the Creed.
- Visit of a church or oratory of religious on the feast of a canonized founder, with recitation of one Our Father and the Creed.
- Renewal of Baptismal Promises during the Paschal Vigil.

### **Partial Indulgences** (a partial list of the 30 most likely, especially ones that apply to the choir)

- Devout recitation of
  - the acts of faith, hope, charity, and contrition.
  - the Adoro Te.
- Devout recitation of “To thee O Blessed Joseph”:
  - To thee, O blessed Joseph, do we come in our tribulation, and having implored the help of thy most holy Spouse, we confidently invoke thy patronage also. Through that charity which bound thee to the immaculate Virgin Mother of God and through the paternal love with which thou embraced the Child Jesus, we humbly beg thee to graciously regard the inheritance which Jesus Christ has purchased by his Blood, and with thy power and strength to aid us in our necessities. O most watchful Guardian of the Holy Family, defend the chosen children of Jesus Christ; O most loving father, ward off from us every contagion of error and corrupting influence; O our most mighty protector, be propitious to us and from heaven assist us in our struggle with the power of darkness; and, as once thou rescued the Child Jesus from deadly peril, so now protect God's Holy Church from the snares of the enemy and from all adversity; shield, too, each one of us by thy constant protection, so that, supported by thy example and thy aid, we may be able to live piously, to die holy, and to obtain eternal happiness in heaven. Amen.
- Devout recitation of
 

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| <ul style="list-style-type: none"> <li>○ Angel of God...</li> <li>○ the Angelus.</li> <li>○ Anima Christi</li> <li>○ Act of Spiritual Communion according to any pious formula</li> <li>○ Apostles Creed or the Nicene Creed</li> <li>○ Lauds or Vespers of the Dead</li> <li>○ Ps. 129 (De Profundis)</li> <li>○ Litanies of Most Holy Name; Most Sacred Heart; <i>Most Precious Blood</i>; Blessed Virgin Mary; St. Joseph or All Saints</li> <li>○ Magnificat</li> <li>○ Maria, Mater Gratiae</li> <li>○ Memorare</li> <li>○ Miserere</li> <li>○ Prayer for Vocations</li> </ul> | <ul style="list-style-type: none"> <li>○ Some time in mental prayer</li> <li>○ Let us pray for our Sovereign Pontiff</li> <li>○ O Sacrum Convivium</li> <li>○ (applies to the Holy Souls) – Eternal Rest</li> <li>○ Salve Regina</li> <li>○ Oration of the saint on his/her feast</li> <li>○ Sign of the Cross</li> <li>○ We fly to your patronage...</li> <li>○ Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.</li> <li>○ We give Thee thanks for all Thy benefits, O Almighty God, who livest and reignest world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.</li> </ul> |
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